

## ELEVATED BLOOD LEAD LEVEL

(211)

PARTICIPANT TYPE.....ALL  
HIGH RISK.....YES

### RISK DESCRIPTION:

Blood lead level of  $\geq 10\mu\text{g}/\text{deciliter}$  within the past 12 months

### ASK ABOUT:

- Potential sources of lead exposure (e.g., age of housing, recent renovation, pica, occupational exposure, lead-glazed containers used for food preparation or storage)
- Food sources of calcium and iron and regular meals and snacks

### NUTRITION COUNSELING/EDUCATION TOPICS:

- All Participant Categories:
  - Elevated blood lead levels are associated with harmful effects on health, nutritional status, learning and behavior for everyone.
  - The primary source of lead for young children is lead-based paint. Even if there are no visible paint chips for children to eat, the dust in the house contains lead from the paint.
    - Careful house cleaning can help control the amount of lead. For example, use a wet mop to limit dust in the house.
    - Frequent hand washing is also important to remove the dust.
    - Wash your hands before preparing food and make sure everyone washes their hands before eating.
    - Wash all toys, bottles and pacifiers that are dropped on the floor before giving them back to the infant or child.
  - Good nutrition can help prevent lead absorption.
    - Consume an adequate number of servings from each food group. Eating a balanced diet decreases lead absorption.
    - Consume foods high in iron and calcium which help to decrease lead absorption.
    - Eat vitamin C-rich foods with iron-rich foods to increase iron absorption.
    - Use iron or cast-iron cookware to increase the amount of iron in foods.
  - Safe food practices can also help prevent lead poisoning.
    - Avoid folk remedies such as azarcon, greta, paylooah, and kohl.
    - Avoid using glazed and old ceramic or pewter cookware, old urns and kettles for food preparation and storage. Prepare, heat and store food in dishes intended for use with food.
    - Never heat or store food in opened tin cans.

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## **NUTRITION COUNSELING/EDUCATION TOPICS (CON'T):**

- All Participant Categories (continued):
  - If lead is suspected in the drinking water because of old pipes with lead solder (common in houses built before 1970),
    - Run the cold water until it is cold (this could take up to 2 minutes) before using in the morning. This flushes the water pipes and removes water that has been sitting for long time periods.
    - Use cold water for cooking, drinking, and mixing infant formula..
- Pregnant Women:
  - Lead can cross the placenta and have a detrimental impact on a developing fetus.
- Breastfeeding Women:
  - Infants receiving breastmilk from mothers with high lead levels should be closely monitored by a doctor although lead poisoning is unlikely as a result of breastfeeding.
  - Breastfeeding mothers with blood levels  $\geq 40$  micrograms/dl are advised not to breastfeed.
- Infants and Children:
  - Encourage compliance with follow-up treatment plan as recommended by primary care provider.
  - Children absorb lead more readily than adults and their developing nervous systems are particularly vulnerable to lead's effects.
  - Young children frequently put toys and other non-food items in their mouths while playing. If the item is covered with lead-based paint, this can be a life-threatening situation. Do not allow children to put non-food items in their mouths. For more information about the safety of toys and other products intended for children, go to <http://www.cpsc.gov>.

## **POSSIBLE REFERRALS:**

- If the child had an elevated blood lead level 12 months ago and has not had interim follow-up blood lead level screening, refer to health care provider or local public health department for screening.
- Refer all children with venous blood lead levels  $\geq 20\mu\text{g}/\text{deciliter}$  to the Right Track Program for early intervention services (<http://www.nd.gov/dhs/services/disabilities/earlyintervention/parent-info/right-track.html>).